

2,200 Calories Sample Meal Plan (Vegetarian) for Pregnant Women

Drink at least 8 to 12 cups of water each day to give your baby an adequate blood supply, milk supply and amniotic fluid.

Breakfast

- 2 slices whole-grain toast with 1 to 2 tablespoons margarine
- 1 egg
- 1 ounces cheddar cheese (sprinkled on top of the egg)
- 4 ounces orange juice or 1 orange
- 8 ounces skim milk

Morning Snack

- 6 crackers
- 2 tablespoons peanut butter
- 8 ounces skim milk

Lunch

- 3 ounces vegetarian burger
- 1 whole-grain bun
- 1 side salad with a variety of vegetables and dressing
- 1 apple
- 8 ounces skim milk

Afternoon Snack

- 1 cereal bar, protein bar or granola bar
- 1 orange, peach or nectarine
- 1 cup baby carrots

Dinner

- 1 ½ cups refried beans
- 2 flour tortillas
- ½ cup chopped tomatoes
- ½ cup shredded lettuce
- ½ cup shredded cheddar cheese
- 8 ounces skim milk
- 1 tablespoon sour cream

Do not rely on your multivitamin to give you all of your vitamins and minerals. Try to eat the recommended amounts of foods from all the food groups in addition to taking your supplement.

Note: As the babies grow larger, solid food may become too filling or unappealing. If this happens, switch from pieces of fruit and vegetables to 100 percent juices. Smoothies with fruit, yogurt and protein powder may be better tolerated for meals instead of solids.